

Consciously learning to unconsciously use your body awareness, sensation action

Using our bodies the wrong way can lead to physical complaints such as back pain, neck pain and headache, as well as hernias. In order to overcome these problems, it is best to tackle the causes instead of choosing to treat to the symptoms.

Dunnewolt Balance Therapy can help you to achieve this by providing guidance in the areas of awareness, sensation and action. This is achieved training your brain to unconsciously control your body: awareness of movement. In doing so, you achieve what is referred to as 'trunk stability'.

By actively training your sense of balance, you naturally improve your mobility and coordination. You learn how to unconsciously sense and process information. In this way, you tackle the cause of your symptoms and work towards continuous improvement.

Balance Therapy is suitable for improving athletic performance and for treating various symptoms and chronic conditions such as:

- Back pain, neck pain, headache and hernias
- Scoliosis
- Pelvic Girdle Pain (PGP) and incontinence
- RSI / CANS¹
- Parkinson's disease
- Multiple Sclerosis (MS)
- Fibromyalgia



The theory behind Balance therapy

Balance Therapy has been in existence for a considerable time now, and has been successfully utilized for a variety of symptoms. The fundamentals of Balance Therapy are as follows.

Head

1. Your brain is the central controlling system. Your system for balancing controls your body. The balancing system must work optimally so that you can maintain an alert, relaxed posture.

Body Core

2. The core of your body the point at which you move in an integrated way, without overburdening the other parts of your body. This body core can be found 3 cm below your navel.

¹ *Repetitive Strain Injury / Complaints of Arms, Neck and Shoulder*

Heels

3. Standing on your heels and then extending through the big toe results in a stretching reflex in the neck and shoulders. This can only occur if the heel bone is correctly positioned. When pressure is applied to the big toe, the heel bone is in the correct position.

Everything is in line

If the body regions above are working at an optimal level, the body is actively balanced and inherently stable, allowing it to function properly. This results in optimal collaboration between muscles, the skeletal system and the nerves. The body feels as one; in unity. There are various positive consequences of a correct body posture:

- Abdominal breathing
- Reduced energy consumption
- Improved blood circulation
- Greater self-confidence
- Less injuries
- Delayed aging process

These combined aspects form a chain.



Discover the power of correct body posture

Balance Therapy teaches you how to bring your body into balance and to maintain this posture. Not only at work, but also at home and in your free time. The power lies in experiencing for yourself the correct body posture in a vertical plumb line.

By Training with an exercise ball and a trampoline improves plasticity and stability. The pelvis plays a central role in the development of trunk stability. The knees are relaxed and the heels are on the ground, forming the basis for standing, sitting and abdominal breathing. The spinal column is in active balance.

In Balance Therapy, all muscle groups are exercised in their entirety, never just one group of muscles. At gyms and fitness centres, the emphasis is always on the large muscle groups; overview of the total system is lost. Because of this, an imbalance can occur between groups of muscles (localised) and between various parts of the body (entirety).

A balanced posture can provide much support in pelvic instability and incontinence. Due to the pelvis falling centrally into line, the basic tension in the pelvic floor muscles are automatically restored and entirely absorbed.



Balance Therapy in summary

Balance Therapy is aimed at reorganising basic body posture by providing movement experiences, with the organs of balance and proprioception* chosen as its main basis of approach. Training with an exercise ball or trampoline activate the balance system. This system sends signals to the brain without us being aware of it, and this ensures that the body posture achieves optimal balance.

Balance Therapy also teaches you to sense how to use your body to its maximum potential: awareness of movement. Via your subconscious, you are made aware of a good posture and optimal movement. **In short: consciously learning to unconsciously use your body.**

Dunnewolt Balance Therapy is considered general healthcare and is reimbursed by healthcare insurers.

Proprioception = the system through which one is aware of the position of one's own body and the changes that occur to this position. Receptors in the skin, muscles and joint capsules send signals to the central nervous system which create an image of the movement. Along with visual information and the balance organ, proprioception is the basis for the control of the body's locomotor system.

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